Adding Variety to the Menu

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STAR BRAND PEARL TAPIOCA

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How to Plan Better Meals

SOME women seem to have a natural gift for menu planning. The meals they serve are always tempting—constantly varied—delicious. Yet these women trade at the same stores their neighbors patronize. Often their household allowances are comparatively small.

We call these women "good managers," and "born cooks"—but any one of us can be a good manager if we will let ourselves be guided by a few simple principles of menu planning.

Never "the same old thing"

Variety is the first rule to remember in planning meals. New ways to serve the old standbys, unexpected touches that put an edge on the appetite—the woman who has these tricks at her fingertips has learned the secret of tempting meals.

We must be sure, too, that the food we give our families is wholesome. It must be strength-giving, digestible, and clean.

Economy is the third essential. Not only must the first cost of the food be reasonable, but we must discover ingenious ways of using the leftovers that no amount of careful planning can quite eliminate.

Last and most important, we must see to it that our menus are well-balanced, that no essential food element is lacking. We may depend on our appetites to prompt us to eat enough food, but only wise planning will assure a properly balanced diet for the family.

How Minute Tapioca Helps

A glance through the pages of recipes in this book tells its own story of the help Minute Tapioca offers in adding variety to menus. For example: the familiar Tomato Bisque seems more inviting, just a little different, when Minute Tapioca is added. Or, when the children simply won't eat their oatmeal, try adding an equal quantity of Minute Tapioca. The everyday breakfast food seems a new dish. Minute Tapioca in berry pies is just another example of the unexpected touches that make old favorites better. Even a man will notice that the undercrust is lighter, that the fruit juices are kept from running out and ruining the appearance of an otherwise perfect pie.

The fruit, fresh or canned, that you know your family

should eat in abundance may be served in dozens of different Minute Tapioca dishes. Try just a few of them, and first thing you know you will be discovering new ones of your own!

Minute Tapioca couldn't be cleaner if it were manufactured right in your own kitchen. It is clean, pure, nourishing.

Minute Tapioca is one of the best bargains your grocer offers. Then, too, it saves money for you by turning left-overs into substantial dishes that fairly *make* a meal. How many times you find left over from yesterday a cupful of vegetables and a few slices of meat—not enough for hash, yet too much to waste! Add Minute Tapioca and you can make an entree that will serve half a dozen people (see Minute Tapioca Casserole Stew, page 8).

Leading authorities on cooking and food chemistry are enthusiastic in their recommendation of Minute Tapioca because it helps in planning well balanced meals.

What food chemists tell us

Our bodies may be compared to an automobile engine. The digestible foodstuffs such as carbohydrates (starches and sugars) and fats correspond to the gasoline, or fuel for the engine. The proteins (milk, eggs, meat, peas, etc.) and some of the mineral foods (salt, iron, etc.) correspond to the materials of which the engine is made. Other minerals correspond to the lubricants for the engine, while the vitamines are comparable to the ignition sparks whose own energy is insignificant, but without which the engine cannot run.

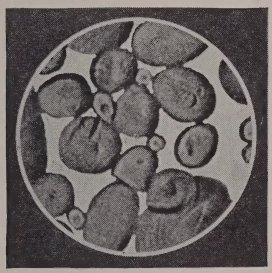
The energy requirements of people are quite variable owing to differences in the work they do, and to variations in height, weight, and age. But ordinarily, a person eats about three parts by weight of carbohydrate to one part of protein and fat combined. The importance, therefore, of a wholesome carbohydrate food like Minute Tapioca in the diet is evident.

There are many foods that are rich in fat and protein, but deficient in carbohydrate. The addition of Minute Tapioca makes such a dish better balanced, and superior from the standpoint of nutrition (for example, see the recipe for Minute Tapioca Creamed Salmon, on page 9).

Why is Minute Tapioca so easily digested?

The accompanying photographs show the appearance under the microscope of the starch granules found in wheat,

barley, potato, and tapioca and indicate clearly why Minute Tapioca is digested so easily. Notice that the cells of tapioca are the smallest. Also remember that Minute Tapioca comes to you already partially cooked. This cooking process has already exploded many of the tiny starch granules, partially converting them into dextrine, making them completely and easily digestible.



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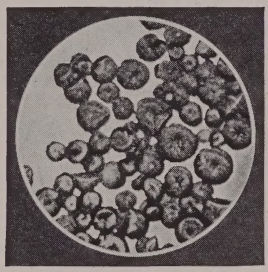

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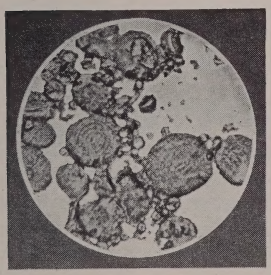

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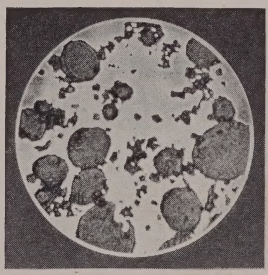


BARLEY

MAGNIFIED 220 TIMES

Good foods for children

Growing youngsters require a well-rounded diet to keep them in good condition. Good food, fresh air and sunshine are their best defense against the many ills which are always lurking about. Milk is the perfect diet for the baby, but cow's milk is usually modified in accord with the directions of a physician. The smaller starch granules of Minute Tapioca appeal to many leading baby specialists, who advise its use to limit the size of the curds in modified milk formulae in

place of arrowroot or barley. Also, they prefer Minute Tapioca because it is uniform in quality; is sterilized by a cooking process at the factory; comes in a sealed carton; is reasonable in price; and because it is always conveniently at hand.

How to use Minute Tapioca in Modified Milk

In the modification of milk, Minute Tapioca is prepared in the same way as arrowroot or barley. Cook one tablespoon of Minute Tapioca fifteen minutes or longer in a pint of hot water in a covered double boiler. Strain through cheese cloth, discarding the coarse particles. Cool before adding to the milk.

From eighteen months on—

The wise selection of a child's first solid food requires care and knowledge.

Carbohydrates are the main source of energy for children as well as for adults. But the carbohydrate portion of a child's diet must be particularly nourishing and digestible. Minute Tapioca answers these requirements ideally. It should assume an important place in the child's diet as early as the eighteenth month. During the third year a large bowl of tapioca pudding or porridge may frequently serve as the child's entire supper.

Where mothers often make mistakes

In his book, *The Care and Feeding of Children*, Dr. L. Emmett Holt says that mistakes in children's diet are made most often with desserts. Doctors agree that for a child up to six or seven years old, desserts should be simple puddings (for example, Minute Tapioca Cream) and fruits.

The other Minute Tapioca recipes given in the pages following will offer many usable suggestions to mothers of young children. For here are wholesome desserts that children like. Best of all, they are desserts that the whole family will enjoy.

You can do so much with Minute Tapioca!

After you have let Minute Tapioca help you in some of the ways suggested in these pages, you will begin to think of it as a real standby.

Day in, day out—you can count on Minute Tapioca to cut food costs, to shorten your kitchen hours, and to add to your reputation as a good cook!

General Directions for Preparing Minute Tapioca Dishes

EXPERIENCED cooks are familiar with the many little suggestions which contribute to the success of tapioca recipes, but for the benefit of the young housewife, it is well to mention certain well-established principles, all of which are helpful and important. Better results will be obtained with all Minute Tapioca dishes if the following suggestions are kept in mind:

1. Minute Tapioca expands a great deal and when first added to the liquid, the quantity called for in the recipe will appear to be insufficient, but by the time it is thoroughly cooked it will thicken properly.

2. When adding the Minute Tapioca to the liquid it is well to sprinkle the tapioca in gradually, stirring continuously for two or three minutes. After that stir frequently. This will prevent lumps forming in the bottom of the dish.

3. It is always best to cook Minute Tapioca in a double boiler to prevent burning. If a double boiler is not convenient, set the cooking dish in a larger receptacle of boiling water.

4. The water in the lower section of the double boiler should be boiling hard while the pudding is cooking.

5. Personal tastes vary as to the thickness of a tapioca pudding. The recipes in this cook book are written to meet the requirements of the average family, but are easily changed if desired. The addition of more Minute Tapioca will make the consistency thicker, while a slight increase in the amount of liquid, or the use of less tapioca, will make it thinner.

6. Minute Tapioca requires no soaking. It is pure tapioca in its most convenient form; manufactured by an exclusive patented process, it always comes in the familiar red and blue package.

Soups

Two level tablespoons of Minute Tapioca added to a quart of any kind of soup about 15 minutes before removing from the stove greatly improve its flavor and add to its nourishing qualities.

MINUTE TAPIOCA TOMATO BISQUE

MINUTE TAPIOCA TOMATO BISQUE

[SIX PORTIONS]

1 pint strained red tomatoes
2 level tablespoons butter
2 level tablespoons Minute Tapioca
Salt, pepper, and sugar to taste
Pinch of baking soda
1½ pints hot milk or cream

To the strained tomatoes add butter, Minute Tapioca, salt, pepper, sugar and baking soda and cook 15 minutes in a double boiler.

When ready to serve stir the hot soup gradually INTO milk or cream which has been heated to the boiling point. (Never stir the milk into the tomato as it may curdle.)

Serve with croutons, toast, or crackers.

Canned tomato soup may be used in this recipe by cooking 2 level tablespoons Minute Tapioca and a pinch of baking soda in 1½ pints of milk or cream for 15 minutes, and then adding the soup which has been previously heated to boiling.

MINUTE TAPIOCA POTATO SOUP

[FIVE PORTIONS]

2 medium-sized potatoes
1 onion
2 cups hot water
1 level tablespoon butter
Salt and pepper
1 level tablespoon Minute Tapioca
3 cups hot milk

Pare and cut potatoes and onion into small dice.

Add water, butter, salt and pepper and cook until potatoes are soft.

Just before serving add Minute Tapioca which has been cooked in milk 15 minutes in double boiler.

Cheese Combinations

MINUTE TAPIOCA RABBIT

[SIX PORTIONS]

1 cup cheese
1 pint milk
2 level tablespoons Minute Tapioca
1 level teaspoon mustard
½ teaspoon salt
Red pepper or paprika to taste
1 egg well beaten

Cut the cheese into small pieces.

Put all the ingredients except the egg into the cold milk. Cook until thick in a chafing dish or a double boiler.

Just before serving, stir in the beaten egg, and serve on toast or crackers.

This same rabbit makes a delicious baked pudding to be served in place of meat. Simply put all the ingredients into a baking dish and cook in the oven until quite thick, stirring occasionally.

BAKED CHEESE MINUTE TAPIOCA

[FIVE PORTIONS]

1 cup boiling water
3 level tablespoons Minute Tapioca
1 cup tomato pulp
½ cup cheese (cut in small pieces)
2 level tablespoons butter
Salt and pepper
½ cup stale bread or cracker crumbs

Cook Minute Tapioca in water in double boiler 15 minutes.

Add tomato pulp, ¼ cup cheese, 1 tablespoon butter and season to taste.

Remove from fire and put the mixture into a well-buttered baking dish. Stir in ¼ cup of bread crumbs and cover with the remainder of bread crumbs, butter, and cheese cut into bits. Bake about 45 minutes, or until brown. Serve hot or cold.

If one likes sugar with tomatoes, 1 tablespoonful may be added while cooking in double boiler.

BAKED CHEESE MINUTE TAPIOCA

Fish and Meat Dishes

MINUTE TAPIOCA HAM OMELET

[FIVE PORTIONS]

1 cup hot milk
2 level tablespoons Minute Tapioca
½ teaspoon salt
⅛ teaspoon red pepper or paprika
¼ cup cooked ham cut in small pieces
⅛ teaspoon mustard
1½ level tablespoons butter or salad oil
2 eggs

Cook the Minute Tapioca, salt, pepper, ham, and mustard in the hot milk for 10 minutes in double boiler, stirring frequently.

Add ½ tablespoon of butter and yolks of the eggs beaten until very light. Stir well.

Remove from the fire and fold into the stiffly beaten whites of the eggs.

Put the remainder of the butter into an omelet pan and when it bubbles, pour in the prepared eggs. Gently shake the pan so the omelet will not adhere to it, and cook until it is a delicate brown (lifting up the sides to see).

Stand the pan in the oven for a few minutes to cook the top. Lightly score the center and fold over. Remove to a hot platter and send to the table at once. Cheese may be used in place of ham, or if a plain omelet is preferred, the ham, cheese, and mustard may be omitted.

MINUTE TAPIOCA CASSEROLE STEW

[SIX PORTIONS]

1 pound (1¾ cups) left-over meat cut in medium-sized pieces
½ cup Minute Tapioca
1 tablespoon butter
½ can peas
4 potatoes
4 carrots
4 onions
Salt and pepper

Put all ingredients in a casserole and bake slowly until meat and vegetables are tender, stirring frequently. Keep filled with water and covered. Serve hot.

The kind of vegetables and meat in this recipe may be varied according to taste. Any left-over gravy may be used instead of butter.

MINUTE TAPIOCA CASSEROLE STEW

MINUTE TAPIOCA CREAMED SALMON

MINUTE TAPIOCA CREAMED SALMON

[SIX PORTIONS]

¾ cup milk
½ cup water
2 level tablespoons Minute Tapioca
¾ cup salmon
1 tablespoon butter
1 egg (if desired)
Salt and pepper

Heat the milk and water in a double boiler, add the Minute Tapioca and cook for 10 minutes, stirring frequently.

Add the salmon, flaked with a fork. Cook for 5 minutes and add butter, seasoning, and egg well beaten.

Serve hot on toast or crackers.

ESCALLOPED MINUTE TAPIOCA

[SIX PORTIONS]

¾ cup hot milk
½ cup hot water
3 level tablespoons Minute Tapioca
¾ cup cooked fish or meat
1 egg
Salt and pepper
¼ cup bread or cracker crumbs
1 tablespoon butter

Heat the milk and water in a double boiler, add the Minute Tapioca and cook 10 minutes. Add the chopped fish or meat and cook 5 minutes more.

While this is cooking, beat the white of egg until stiff, add the yolk and beat again, then add it to the tapioca and season to taste.

Remove from fire and put into a well-buttered baking dish, cover with bread or cracker crumbs and bits of butter and bake until brown, about 40 or 50 minutes. Serve hot.

If not convenient to bake, add 1 level tablespoon more of Minute Tapioca and cook in the double boiler only. This recipe is especially good with tuna fish or left-over ham.

Minute Tapioca with Cooked Cereal

The combination of Minute Tapioca and any cooked cereal is delicious. Use equal quantities of each and cook the usual time.

MINUTE TAPIOCA CREAM

Desserts

MINUTE TAPIOCA CREAM

[EIGHT PORTIONS]

1 quart hot milk
⅓ cup Minute Tapioca
Pinch of salt
1 egg
½ cup sugar
Flavoring

Cook Minute Tapioca and salt 15 minutes in hot milk in double boiler, stirring frequently.

Add 1 tablespoon of cold water to the egg yolk and beat well. At the end of 15 minutes stir the egg yolk and sugar slowly into the milk and tapioca. Cook until it begins to thicken like custard.

Remove from heat and whip in the beaten egg white. Add vanilla, orange, or any flavoring desired. The white of egg may be used as meringue if preferred.

This is delicious poured cold over any fruit or berries, either fresh or canned. Raisins, prunes, figs, dates, or nuts may be stirred into it while cooling.

APPLE MINUTE TAPIOCA

[EIGHT PORTIONS]

6 tart apples
1 cup sugar
Salt Spice
Butter
½ cup Minute Tapioca
1 quart hot water

Pare and quarter apples. Place in dish and cover with sugar, salt, spice and butter.

Cook 15 minutes in double boiler, Minute Tapioca, and pinch of salt in quart of hot water, stirring frequently.

Pour over apples and bake until they are soft.

Serve with cream and sugar.

MAPLE FLAVOR MINUTE TAPIOCA

[SIX PORTIONS]

3 cups hot water
½ cup Minute Tapioca
1¼ cups dark brown sugar
½ teaspoon salt
Vanilla

Cook the Minute Tapioca, brown sugar and salt 15 minutes in the hot water in a double boiler, stirring frequently.

Remove from fire and flavor with vanilla.

Serve cold with cream.

MINUTE TAPIOCA SPRING PUDDING

[SIX PORTIONS]

1 cup prune juice
½ cup hot water
2 cups rhubarb, cut fine, or juice of 1 lemon
20 stewed prunes, stones removed
½ cup Minute Tapioca
1 small cup sugar

Cook in a double boiler all ingredients in the prune juice and hot water until the tapioca is soft, about 20 minutes, stirring frequently.

Cool and serve with cream.

CHOCOLATE MINUTE TAPIOCA

[SIX PORTIONS]

4 cups hot chocolate or cocoa made proper strength for drinking
½ cup Minute Tapioca
½ cup sugar
Pinch of salt
Vanilla

Add Minute Tapioca, sugar and salt to hot chocolate or cocoa and cook in a double boiler 15 minutes, stirring frequently.

Remove from fire, flavor with vanilla.

Serve cold with sugar and cream. If a thicker consistency is desired, use 3 cups of hot chocolate or cocoa.

CHOCOLATE MINUTE TAPIOCA

ORÁNGE MINUTE TAPIOCA

[EIGHT PORTIONS]

1 quart hot water or milk
½ cup Minute Tapioca
Pinch of salt
¼ cup sugar
1 tablespoon lemon juice
4 oranges

Cook 15 minutes in a double boiler, Minute Tapioca and salt in water (or milk) to which have been added sugar and lemon juice, stirring frequently.

Pour this over oranges, peeled, divided into sections, and cut in rather small pieces and sweetened.

Serve cool with sweetened whipped cream.

COFFEE MINUTE TAPIOCA

[SIX PORTIONS]

4 cups hot coffee
½ cup Minute Tapioca
½ cup sugar
Pinch of salt

Cook Minute Tapioca, sugar and salt 15 minutes in the coffee in a double boiler, stirring frequently.

Serve cold with vanilla-flavored whipped cream.

If a thicker consistency is desired, use 3 cups of coffee.

FRUIT MINUTE TAPIOCA

[EIGHT PORTIONS]

Fruit or berries
1 quart hot water or milk
½ cup Minute Tapioca
½ cup sugar
Pinch of salt
1 tablespoon butter
1 teaspoon vanilla

Line a bowl with any canned or fresh fruit or berries, and sprinkle with sugar.

Cook in a double boiler 15 minutes, stirring frequently, 1 quart of water (or milk), using all available fruit juices as part of the quart, Minute Tapioca, sugar, salt and butter. Use milk in place of water if a richer dessert is desired.

Remove from fire, add vanilla and pour over the fruit or berries.

Serve cold with plain or whipped cream.

FRUIT MINUTE TAPIOCA

MINUTE TAPIOCA PRUNE DESSERT

[EIGHT PORTIONS]

1 pint milk
2 level tablespoons Minute Tapioca
Pinch of salt
1 tablespoon butter
2 tablespoons sugar
2 eggs
1 cup stewed prunes, stones removed

Cook in a double boiler 15 minutes the milk, Minute Tapioca, and salt, stirring frequently.

Remove from fire and add butter, sugar, and well-beaten yolks of eggs. Pour into a buttered pan and bake for one-half hour in moderate oven.

Spread the prunes over the tapioca. Pile roughly on top of prunes, the whites of eggs well beaten with 2 tablespoons of sugar. Brown slightly in oven.

Serve hot or cold with milk or cream. Any fruit may be used in place of prunes.

MINUTE TAPIOCA FOR THICKENING GRAVIES

Any gravy is improved by using 2 level tablespoons of Minute Tapioca for each pint of liquid in place of flour. Boil until clear, stirring as needed. Season to taste. It does not lump and requires no straining.

PINEAPPLE MINUTE TAPIOCA

[EIGHT PORTIONS]

1 quart hot water
½ cup Minute Tapioca
¼ cup sugar
Pinch of salt
1 cup pineapple grated or chopped

Cook in a double boiler 15 minutes, Minute Tapioca, sugar, and salt in quart of hot water, stirring frequently.

Remove from fire and stir in pineapple sweetened to taste.

Serve with milk and sugar or with whipped cream slightly sweetened and flavored. Any canned or fresh fruit may be used.

PINEAPPLE MINUTE TAPIOCA

MAPLE-WALNUT MINUTE TAPIOCA

MAPLE-WALNUT MINUTE TAPIOCA

[SIX PORTIONS]

1 pint hot milk
⅓ cup Minute Tapioca
1 cup maple syrup
½ teaspoon salt
1 egg
⅔ cup English walnut meats

Cook in double boiler 15 minutes, Minute Tapioca, maple syrup and salt in hot milk, stirring frequently.

Add the well-beaten egg yolk, but NO sugar. Stir for 3 minutes, cool, and add part of the walnut meats, chopped fine.

Fold in beaten white of egg, decorate with unchopped nuts, and serve cold with plain or whipped cream.

MINUTE BANANA-NUT TAPIOCA

1 pint boiling water
⅔ cup sugar
½ teaspoon salt
¼ cup Minute Tapioca
Juice of two lemons
Whites of two eggs
2 bananas (sliced)
½ cup salted peanuts (chopped)
Cream

Mix the sugar, salt and Minute Tapioca and stir into the boiling water. Cook 15 minutes in a double boiler, stirring frequently. Remove from fire, add lemon juice and stir in the sliced bananas and chopped nuts. When partially cool fold in the beaten whites of eggs and sprinkle a few nuts over the top. When thoroughly cool serve plain or with cream.

MINUTE TAPIOCA WHITE SAUCE

2 level tablespoons Minute Tapioca
1 tablespoon butter
2 cups hot milk
½ teaspoon salt

Put all ingredients into a double boiler and cook 15 minutes, stirring occasionally.

Many people prefer Minute Tapioca to flour for thickening, as it will not lump and need not be strained.

It may be used for purees, creamed vegetables, creamed toast, creamed fish or meat.

MINUTE TAPIOCA BAKED INDIAN PUDDING

[SIX PORTIONS]

1 quart hot milk
¼ cup Minute Tapioca
3 level tablespoons Indian meal
½ cup molasses
Butter
Salt, cinnamon and nutmeg
1 cup cold milk

Cook Minute Tapioca in quart of milk 10 minutes in a double boiler, stirring frequently. While boiling, stir in meal wet with a little milk, molasses, a small piece of butter, salt, cinnamon and nutmeg to taste.

Pour into a dish, add 1 cup of cold milk and bake 2 hours, stirring occasionally.

If desired, add 1½ cups raisins before baking.

MINUTE TAPIOCA FOR THICKENING PIES

A tablespoon of Minute Tapioca is excellent for thickening rhubarb, apple and berry pies. Prevents running out. Scatter it over the fruit or berries in place of flour. It does not lump and it improves the flavor.

RASPBERRY OR STRAWBERRY MINUTE TAPIOCA

[EIGHT PORTIONS]

1 pint berries
3 cups hot water
½ cup Minute Tapioca
½ cup sugar
1 teaspoon butter
Pinch of salt
1 tablespoon lemon juice

Crush raspberries, sweetened to taste, and let stand one-half hour.

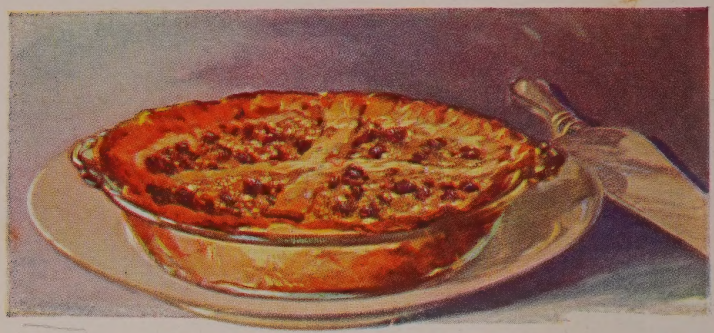
Cook for 15 minutes in a double boiler, Minute Tapioca, sugar, butter, and salt in hot water, stirring frequently.

Remove tapioca from fire and stir in the fruit and lemon juice.

Serve very cold with whipped cream.

Strawberries or loganberries may be used in place of raspberries if desired. If canned fruit is used, no sugar is necessary and it need not stand one-half hour before using.

RASPBERRY OR STRAWBERRY MINUTE TAPIOCA



MINUTE TAPIOCA RAISIN PIE

MINUTE TAPIOCA RAISIN PIE

1 pint hot water
½ cup Minute Tapioca
⅓ teaspoon salt
½ cup sugar
½ cup raisins
Juice of half a lemon
1 egg
Nutmeg or cinnamon

Cook 15 minutes in double boiler, Minute Tapioca, salt, sugar, and raisins in hot water, stirring frequently.

Remove from stove, and add lemon juice and egg well beaten.

Line deep plate with pie crust, fill with the cooked tapioca and sprinkle with nutmeg or cinnamon. Cover with top crust and bake a delicate brown, or make with one crust and use a meringue.

MINUTE TAPIOCA BREAD PUDDING

3 slices stale bread (cut in small pieces)
3 cups hot milk
2 tablespoons Minute Tapioca
Salt
1 egg
½ cup sugar
Vanilla or lemon flavoring
1 cup raisins

Cook bread crumbs, Minute Tapioca and salt 15 minutes in the hot milk in a double boiler, stirring occasionally.

Add to this mixture the well-beaten egg yolk, sugar, flavoring, and raisins.

Put in buttered baking dish and cook 30 minutes in a moderate oven. The beaten egg white may be used as meringue.

Serve plain or with cream.

For the Children's Scrap Book

NON-INJURIOUS PASTE

1 cup boiling water
2 level tablespoons Minute Tapioca
3 level tablespoons sugar
1 teaspoon lemon juice
Pinch of salt
Cinnamon

Put the Minute Tapioca, sugar, lemon juice, salt, and cinnamon in the boiling water in a double boiler and cook until very thick. When cool, it is ready for use.

Another Minute Product.

MINUTE GELATINE

The contents of each package is accurately measured into envelopes, each envelope containing just the right amount for one pint of jelly. This saves you the inconvenience of measuring and assures you of uniform results.

MINUTE GELATINE requires no soaking. It dissolves immediately in boiling water or hot milk. You may possibly be a user of Minute Gelatine, as it has been on the market since 1894 and is a tried and tested product. If you are not now using it, we hope you will want to try it, for we believe you will like it as well as you like Minute Tapioca.

Send for a free sample of Minute Gelatine and a copy of the illustrated Minute Gelatine Cook Book No. 3.

MINUTE TAPIOCA COMPANY,

Orange, Massachusetts.

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